ORDERING REPLACEMENT PARTS

If you encounter any difficulties or problems with this product, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
C/O Customer Products Distribution
M40 Distribution Park
Wellesborne, Warwickshire
CV35-9JY England

Tel: Country Code: 0345-089009
Fax: 01789-440-798

To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WEBE35560).

2. The NAME of the product (WEIDER® PRO 355 Weight Bench).

3. The SERIAL NUMBER of the product (see the front cover of this manual).

4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see page 18 of this manual).

Part No. 132192 R0796A Printed in USA © 1996 WEIDER is a registered trademark of ICON Health & Fitness, Inc.

PRO

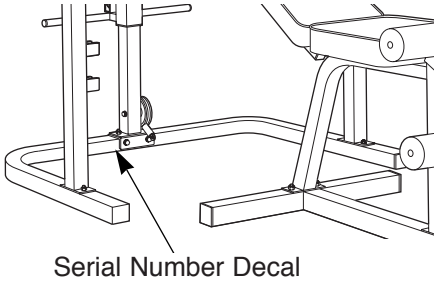
355

PATENT PENDING

USER'S MANUAL

Model No. WEBE35560
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

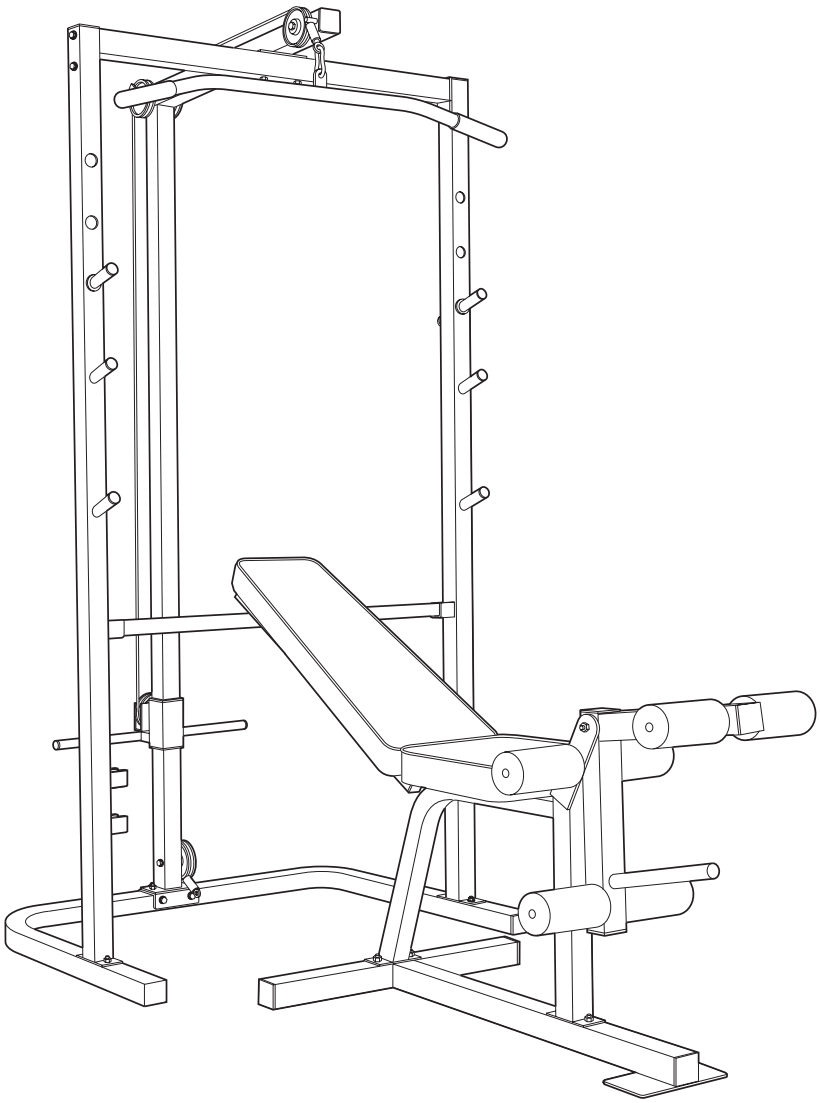
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd
C/O Customer Products Distrib.
M40 Distribution Park
Wellesborne, Warwickshire
CV35-9JY England

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



WEIDER®

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ORDERING REPLACEMENT PARTS . . . . . Back Cover

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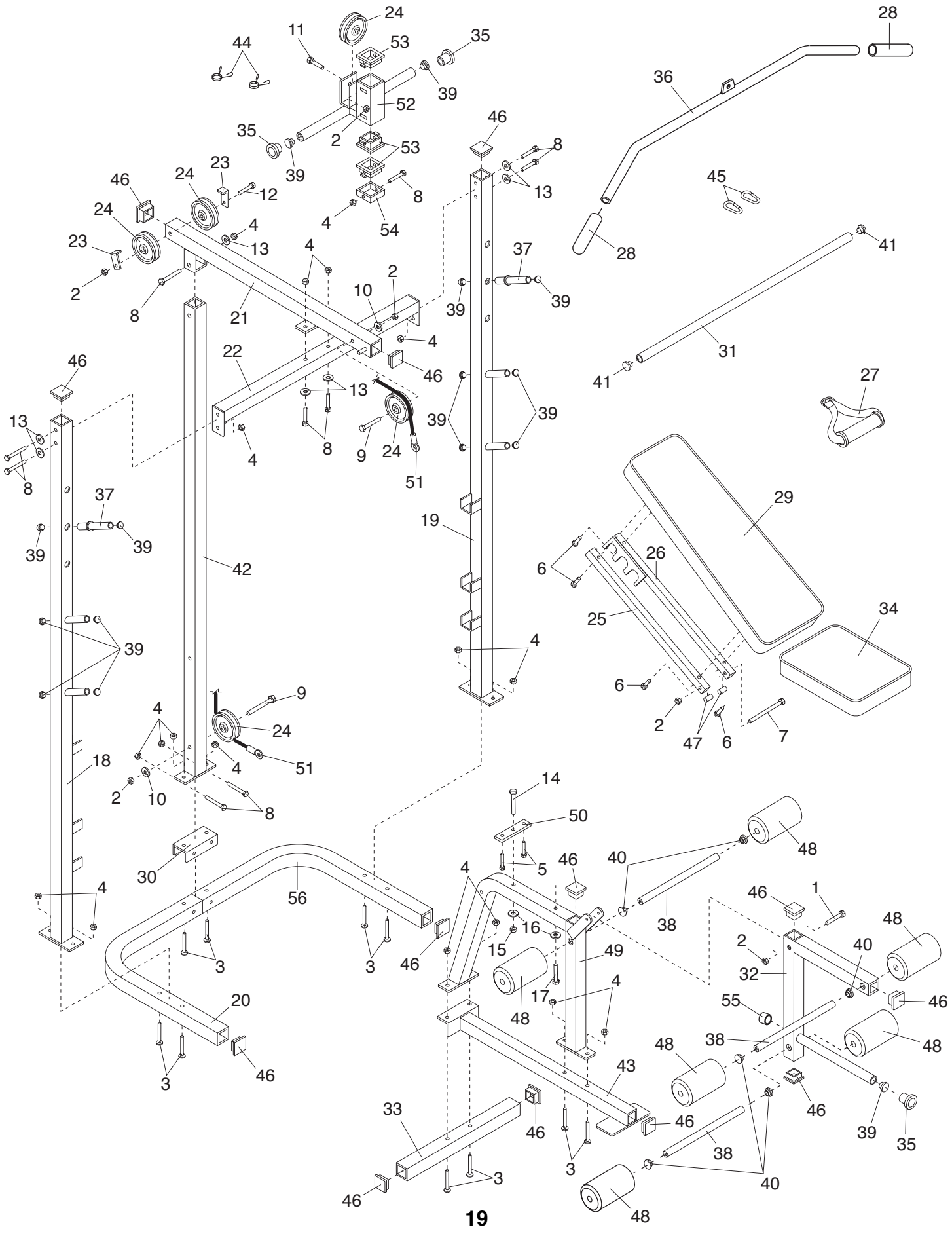
EXPLODED DRAWING—Model No. WEBE35560

R0796A



PART LIST—Model No. WEBE35560

R0796A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	M10 x 72mm Bolt	30	1	“U” Bracket
2	6	M10 Nylon Locknut	31	1	Adjustment Tube
3	10	M8 x 60mm Carriage Bolt	32	1	Leg Lever
4	18	M8 Nylon Locknut	33	1	Stabiliser
5	2	M6 x 16mm Screw	34	1	Seat
6	4	M6 x 36mm Screw	35	3	Weight Stop
7	1	M10 x 175mm Bolt	36	1	Lat Bar
8	10	M8 x 68mm Bolt	37	2	Adjustment Weight Rest
9	2	M10 x 89mm Bolt	38	3	Pad Tube
10	2	M10 Washer	39	15	1” Round Inner Cap
11	1	M10 x 43mm Bolt	40	6	3/4” Round Inner Cap
12	1	M10 x 120mm Bolt	41	2	1 1/4” Round Inner Cap
13	7	M8 Washer	42	1	Main Upright
14	1	M6 x 60mm Carriage Bolt	43	1	Bench Base
15	1	M6 Nylon Locknut	44	2	Spring Clip
16	2	M6 Washer	45	1	Cable Clip
17	1	M6 x 62mm Screw	46	13	2” Square Inner Cap
18	1	Left Upright	47	2	1/2” x 1 1/8” Spacer
19	1	Right Upright	48	6	Foam Pad
20	1	Left Base	49	1	Bench Frame
21	1	Top Frame	50	1	Seat Bracket
22	1	Crossbar	51	1	Cable
23	2	Cable Trap	52	1	Weight Carriage
24	5	Pulley	53	3	2 1/2” Square Bushing
25	1	Backrest Bracket	54	1	Carriage Stop
26	1	Adjustment Backrest Bracket	55	1	1” Angle Cap
27	1	Nylon Strap	56	1	Right Base
28	2	Handgrip	#	1	User’s Manual
29	1	Backrest	#	1	Exercise Poster

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual before using the weight bench.**
2. **Use the weight bench only as described in this manual.**
3. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.**
4. **Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.**
5. **Keep small children and pets away from the weight bench at all times.**
6. **Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it.**
7. **When you are using the weight carriage, be sure there is an equal amount of weight on each side of weight tube.**
8. **Always wear athletic shoes for foot protection whilst exercising.**
9. **Keep hands and feet away from moving parts.**
10. **Do not use a barbell longer than five feet with the weight bench.**
11. **The weight bench does not include weights. The weight bench is designed to support a maximum of 510 pounds, including the user, a weight bar and weights. Do not place more that 310 pounds, including a weight bar and weights, on the weight rests. Do not place more that 150 pounds on the weight carriage. Do not place more that 150 pounds on the leg lever.**
12. **When using the backrest, make sure that the adjustment tube is firmly seated in the adjustment brackets on the uprights.**
13. **If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.**
14. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**

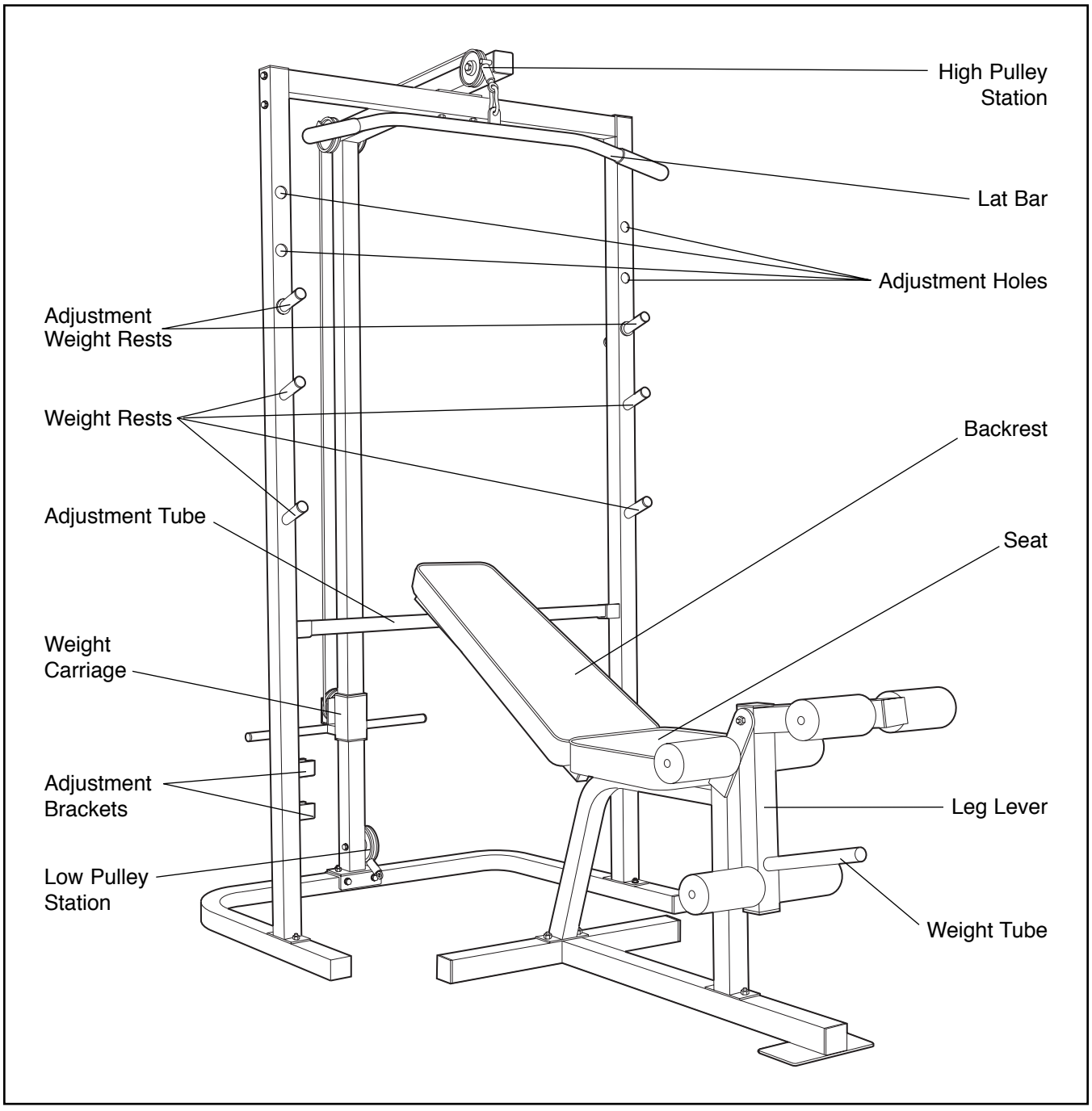
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® PRO 355 Weight Bench. The versatile PRO 355 Weight Bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the PRO 355 Weight Bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 355 Weight Bench. To help us assist you, please note the product model number and serial number before calling. The model number is WEBE35560. The serial number can be found on a decal attached to the WEIDER® PRO 355 Weight Bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarise yourself with the parts that are labelled.



MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

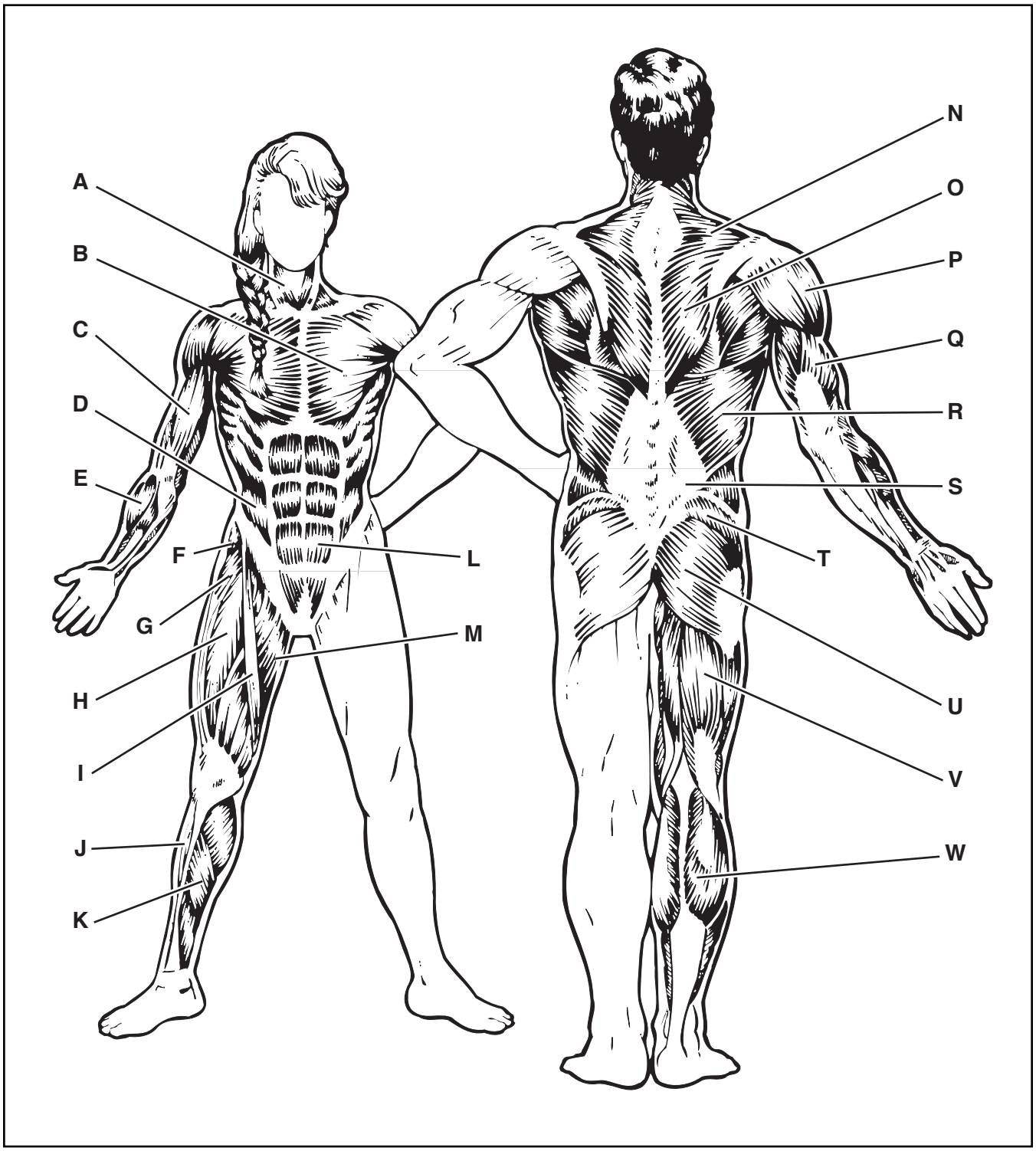
AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

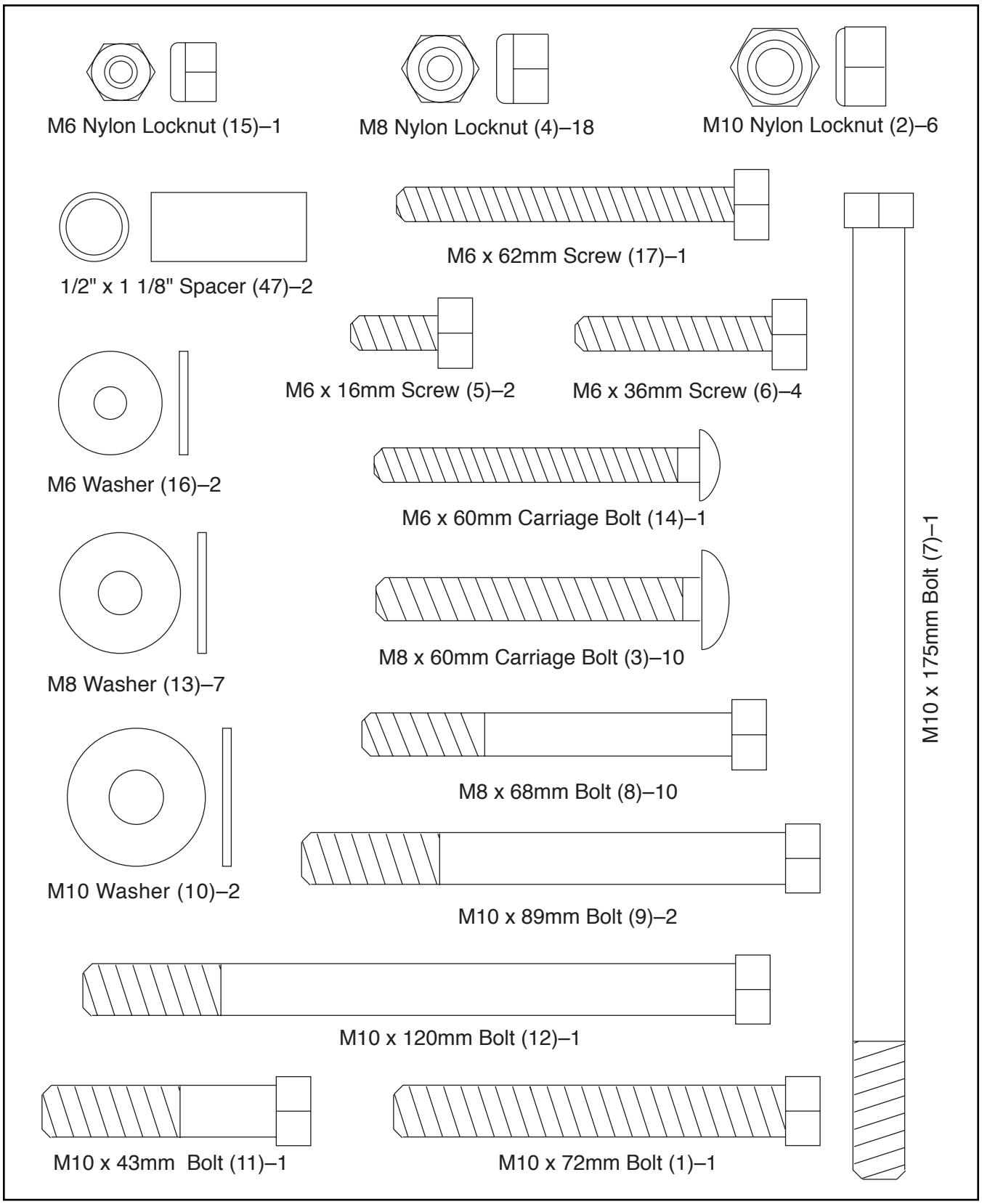
MUSCLE CHART



A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Rectus Abdominus (stomach)
M. Adductor (inner thigh)
N. Trapezius (upper back)
O. Rhomboideus (upper back)
P. Deltoid (shoulder)
Q. Triceps (back of arm)
R. Latissimus Dorsi (mid back)
S. Spinae Erectors (lower back)
T. Gluteus Medius (hip)
U. Gluteus Maximus (buttocks)
V. Hamstring (back of leg)
W. Gastrocnemius (back of calf)

PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**


M6 Nylon Locknut (15)–1
M8 Nylon Locknut (4)–18
M10 Nylon Locknut (2)–6
1/2" x 1 1/8" Spacer (47)–2
M6 x 62mm Screw (17)–1
M6 x 16mm Screw (5)–2
M6 x 36mm Screw (6)–4
M6 Washer (16)–2
M6 x 60mm Carriage Bolt (14)–1
M8 Washer (13)–7
M8 x 60mm Carriage Bolt (3)–10
M8 x 68mm Bolt (8)–10
M10 Washer (10)–2
M10 x 89mm Bolt (9)–2
M10 x 120mm Bolt (12)–1
M10 x 43mm Bolt (11)–1
M10 x 72mm Bolt (1)–1
M10 x 175mm Bolt (7)–1

ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the WEIDER® PRO 355 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART on the previous page.** Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the WEIDER® PRO 355, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable spanners**
- **One (1) standard screwdriver**
- **One (1) rubber mallet**
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

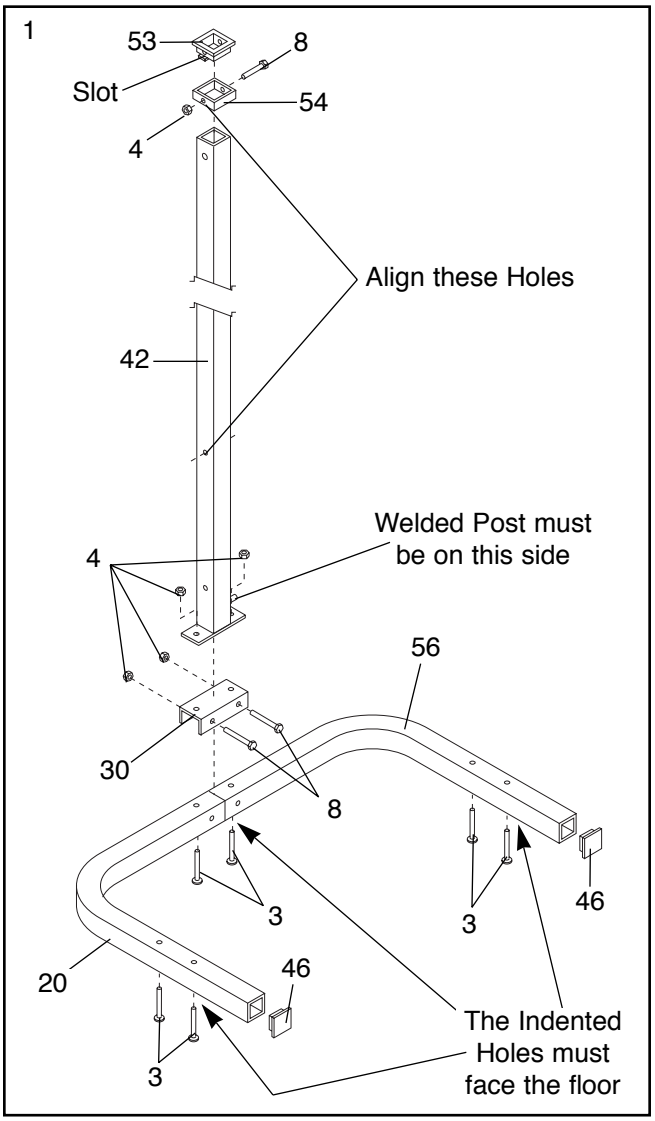
   Set the Left Base (20) and the Right Base (56) on the floor. Be sure that the indented holes in the Left Base and the Right Base are facing the floor.

   Attach the Left Base (20) and the Right Base (56) with the “U” Bracket (30), two M8 x 68mm Bolts (8), and two M8 Nylon Locknuts (4). **Do not tighten the Nylon Locknuts yet.** Press a 2” Square Inner Cap (46) into each section of the Base.

   Insert two M8 x 60mm Carriage Bolts (3) up through the Left Base (20) and the Right Base (56), and “U” Bracket (30). Slide the Main Upright (42) onto the Carriage Bolts. **The welded post on the Main Upright must be on the side shown.** Hand-tighten an M8 Nylon Locknut (4) onto each Carriage Bolt.

   Press a 2 1/2” Square Bushing (53) into the Carriage Stop (54). **The slot in the Square Bushing must be aligned with the hole in the Carriage Stop.** Slide the Carriage Stop onto the Main Upright (42). **Align the holes in the Carriage Stop with the indicated holes in the Main Upright.** Insert an M8 x 68mm Bolt (8) through the Carriage Stop and Main Upright. Tighten an M8 Nylon Locknut (4) onto the Bolt.

   Insert two M8 x 60mm Carriage Bolts (3) into the Left Base (20) and into the Right Base (56).



doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarising yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 17 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

• Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

• Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

• Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALISING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time whilst exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

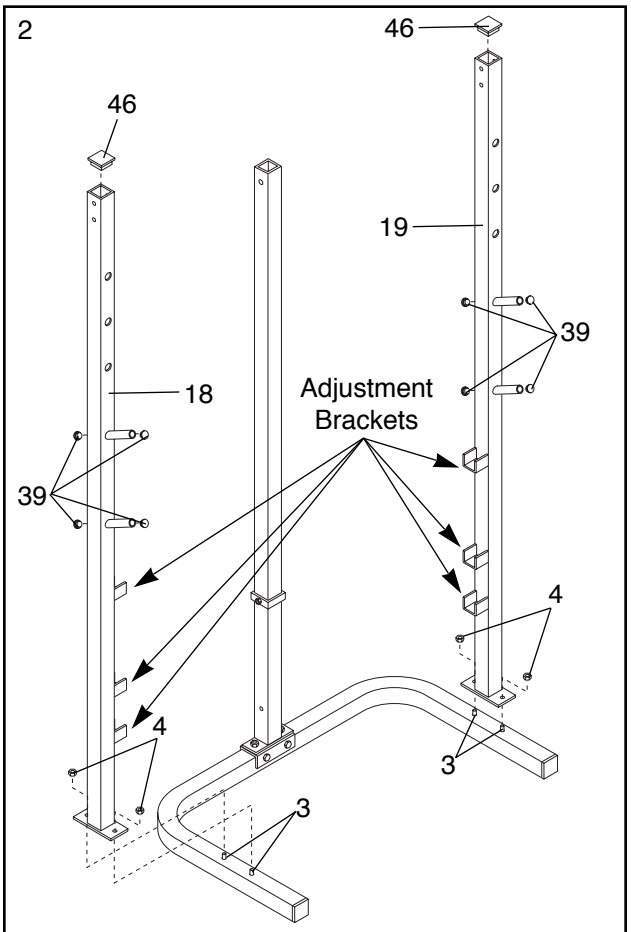
Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 16 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are

2. Press a 2” Square Inner Cap (46) into the Left Upright (18). Press four 1” Round Inner Caps (39) into the Left Upright.

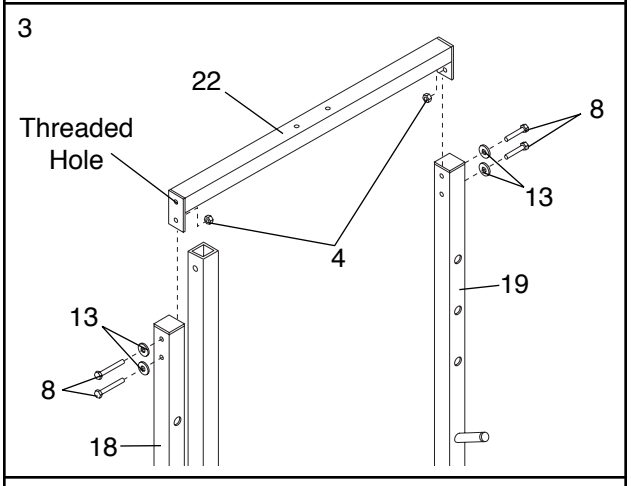
   Slide the Left Upright (18) onto the indicated M8 x 60mm Carriage Bolts (3). **The adjustment brackets on the Left Upright must be on the side shown.** Hand-tighten an M8 Nylon Locknut (13) onto each Carriage Bolt.

   Assemble the Right Upright (19) in the same manner.

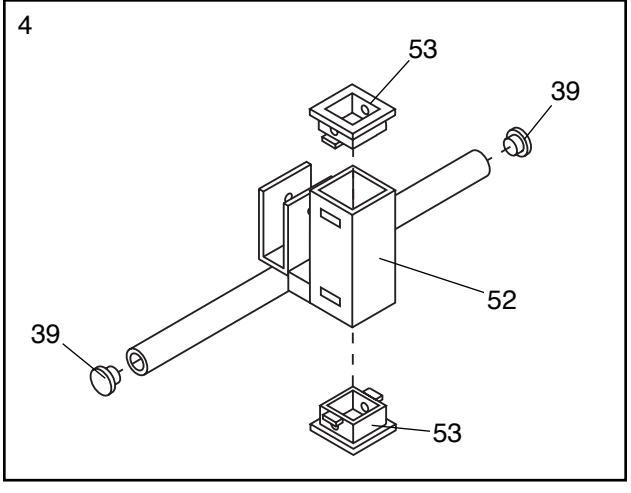


3. Attach one side of the Crossbar (22) to the Left Upright (18) with two M8 x 68mm Bolts (8), two M8 Washers (13), and one M8 Nylon Locknut (4). **Note: The upper hole in the Crossbar is threaded. Do not tighten the Nylon Locknut or the Bolts yet.**

   Attach the other side of the Crossbar (22) to the Right Upright (19) in the same manner.



4. Press two 2 1/2” Square Bushings (53) into the Weight Carriage (52). Press two 1” Round Inner Caps (39) into the Weight Carriage (52).



5. Slide the Weight Carriage (52) onto the Main Upright (42). **The bracket must be on the side shown.**

   Press a 2" Square Inner Cap (46) into each end of the Top Frame (21). Attach the Top Frame to the Main Upright (42) with an M8 x 68mm Bolt (8), an M8 Washer (13), and an M8 Nylon Locknut (4).

   Attach the Top Frame (21) to the Crossbar (22) with two M8 x 68mm Bolts (8), two M8 Washers (13), and two M8 Nylon Locknuts (4).

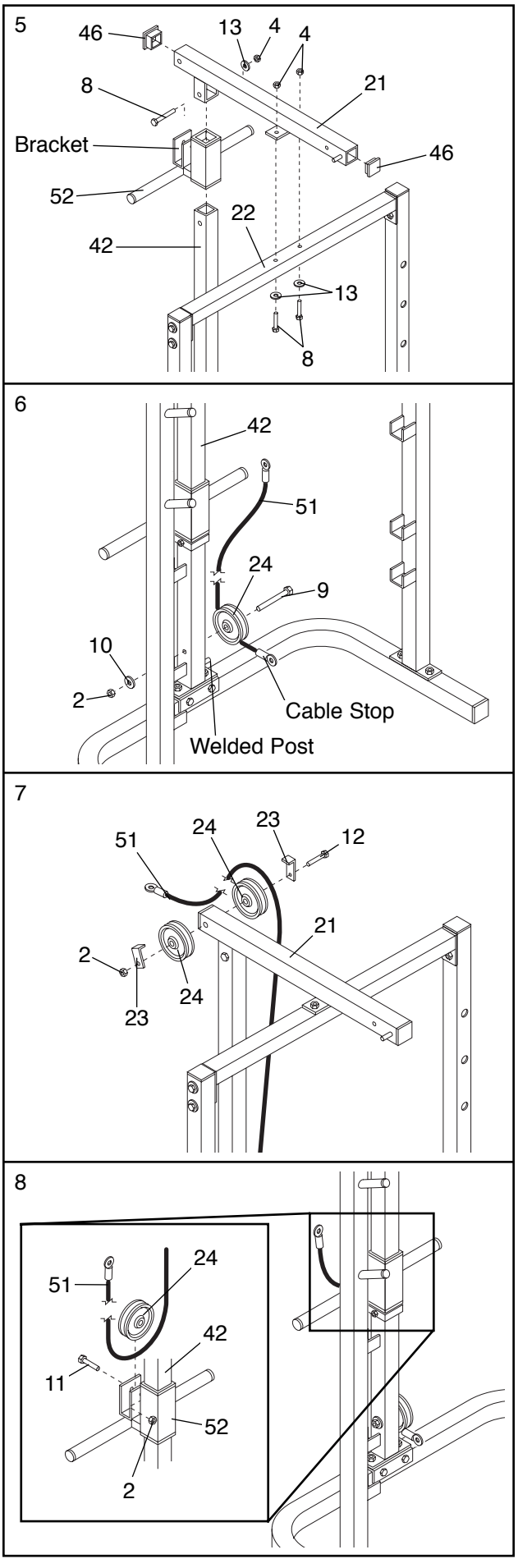
   Tighten all Nylon Locknuts and Bolts used in steps 1–5 now.

6. Wrap the Cable (51) around a Pulley (24). Attach the Pulley to the Main Upright (42) with an M10 x 89mm Bolt (9), an M10 Washer (10), and an M10 Nylon Locknut (2). **Be sure that the cable stop is on the indicated side of the Pulley and that the Cable is between the Pulley and the welded post.**

7. Attach two Pulleys (24) and two Cable Traps (23) to the Top Frame (21) with an M10 x 120mm Bolt (12) and an M10 Nylon Locknut (2). **Do not tighten the Nylon Locknut yet.**

   Route the Cable (51) around the indicated Pulley (24) from the direction shown. Be sure that the Cable is between the Pulley and the Cable Trap (23).

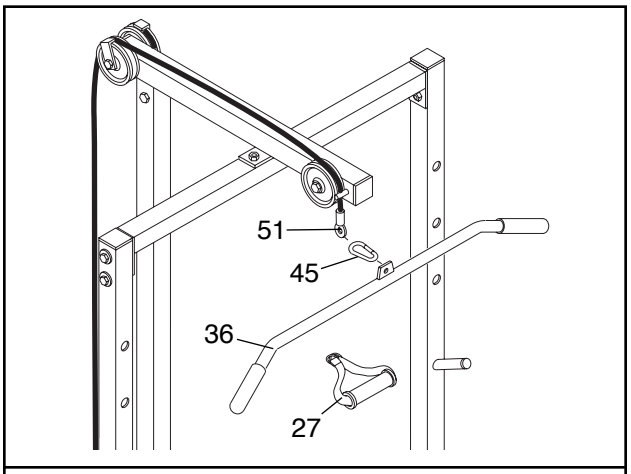
8. Wrap the Cable (51) around a Pulley (24). Attach the Pulley to the Weight Carriage (52) with an M10 x 43mm Bolt (11) and an M10 Nylon Locknut (2). **The Cable must be routed around the Pulley from the direction shown.**



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (36) to the Cable (51) with a Cable Clip (45).

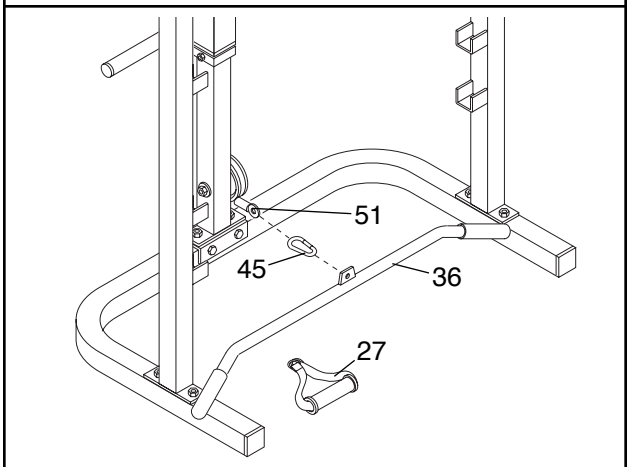
The Nylon Strap (27) can be attached in the same manner.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (36) to the Cable (51) with a Cable Clip (45).

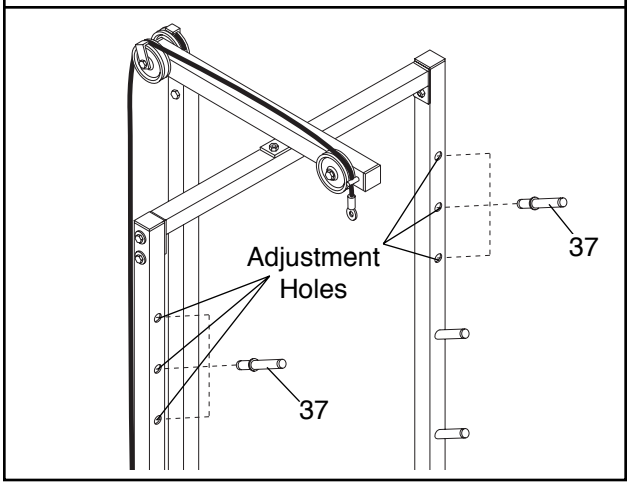
The Nylon Strap (27) can be attached in the same manner.



SETTING THE ADJUSTMENT WEIGHT RESTS

To perform squat exercises or toe raise exercises (see the accompanying EXERCISE POSTER) you will need to set the Adjustment Weight Rests (37) to a comfortable height.

Insert the Adjustment Weight Rests (37) into the adjustment holes at the desired height. **Be sure that each Adjustment Weight Rest is firmly seated in the adjustment hole and that both Adjustment Weight Rests are at the same height.**



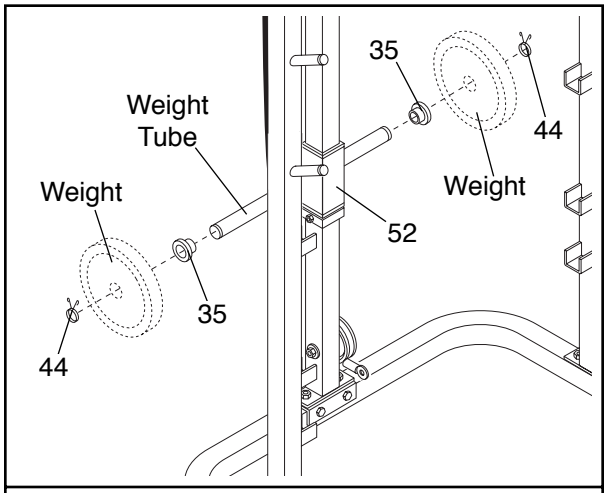
ADJUSTING THE WEIDER PRO 355

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 14 for important exercise information and refer to the accompanying exercise poster to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

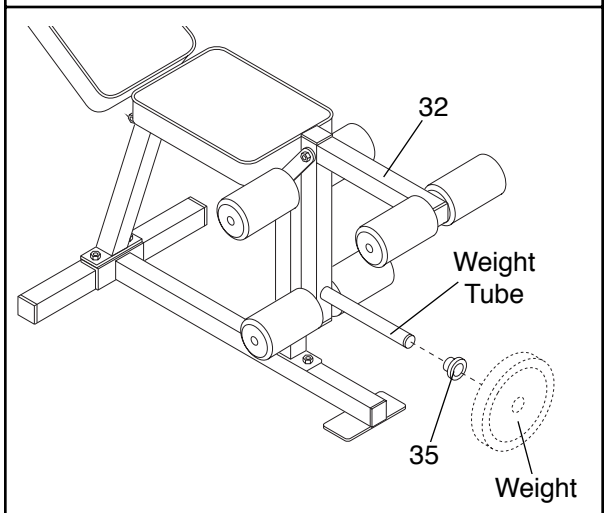
ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the high or low pulley station, first slide a Weight Stop (35) onto each side of the weight tube of the Weight Carriage (52). Slide the desired amount of weight (not included) onto the weight tube. Be sure that an equal amount of weight is on each side of the weight tube. Secure the weights on each side of the weight tube with a Spring Clip (44).



ATTACHING WEIGHTS TO THE LEG LEVER

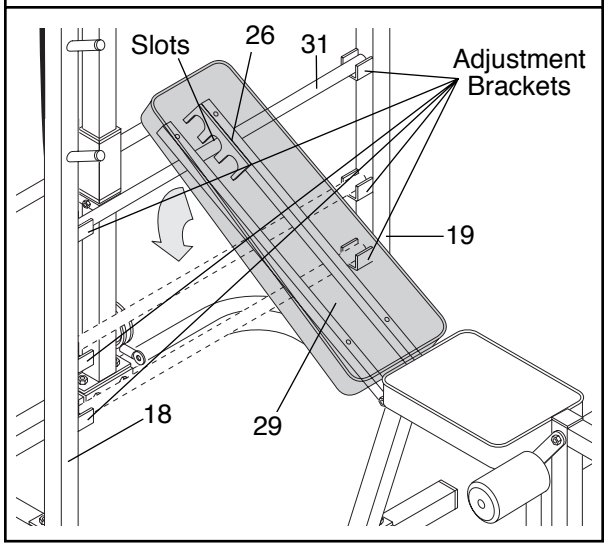
To use the Leg Lever (32), be sure there is a Weight Stop (35) on the weight tube. Then slide the desired amount of weight (not included) onto the weight tube.



ADJUSTING THE BACKREST

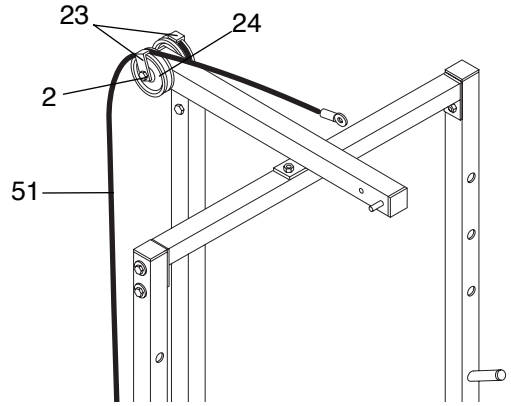
The Backrest (29) can be set at three different positions: the level position, the decline position, and the incline position.

To change the position of the Backrest (29), move the Adjustment Tube (31) to a different set of adjustment brackets on the Left and Right Uprights (18, 19). **Make sure that the Adjustment Tube is securely seated in the adjustment brackets and that it is also firmly seated in one of the slots in the Adjustment Backrest Bracket (26).**



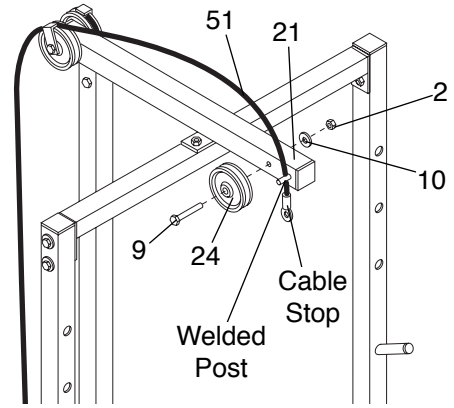
9. Route the Cable (51) around the indicated Pulley (24). Tighten the M10 Nylon Locknut (2) and the M10 x 120mm Bolt (not shown). **Do not overtighten the Nylon Locknut. Be sure that both Cable Traps (23) are turned as shown and that the Cable and Pulleys move smoothly.**

9



10. Wrap the Cable (51) around a Pulley (24). Attach the Pulley to the Top Frame (21) with an M10 x 89mm Bolt (9), an M10 Washer (10), and an M10 Nylon Locknut (2). **Be sure that the cable stop is on the indicated side of the Pulley and that the Cable is between the Pulley and the welded post.**

10

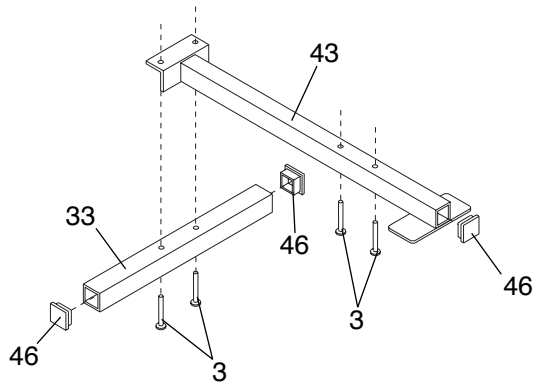


11. Press a 2" Square Inner Cap (46) into each end of the Stabiliser (33). Press a 2" Square Inner Cap (46) into the end of the Bench Base (43).

    Insert two M8 x 60mm Carriage Bolts (3) up through the Stabiliser (33). Slide the end of the Bench Base (43) onto the Carriage Bolts.

    Insert two M8 x 60mm Carriage Bolts (3) up through the Bench Base (43).

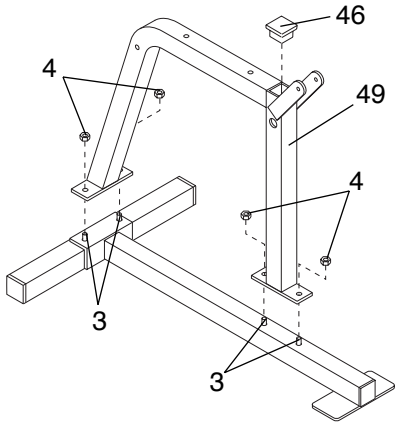
11



12. Slide the Bench Frame (49) onto the M8 x 60mm Carriage Bolts (3). Tighten an M8 Nylon Locknut (4) onto each Carriage Bolt.

    Press a 2" Square Inner Cap (46) into the Bench Frame (49).

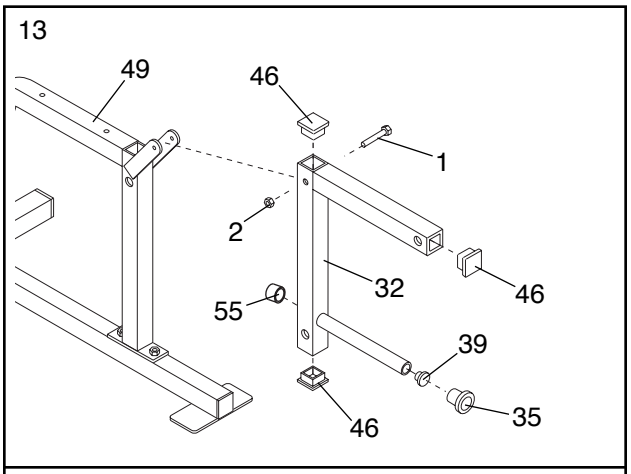
12



13. Press three 2” Square Inner Caps (46) into the Leg Lever (32). Press a 1” Round Inner Cap (39) into the Leg Lever. Press a 1” Angle Cap (55) onto the Leg Lever.

    Lubricate the M10 x 72mm Bolt (1). Attach the Leg Lever (32) to the Bench Frame (49) with the Bolt and an M10 Nylon Locknut (2).

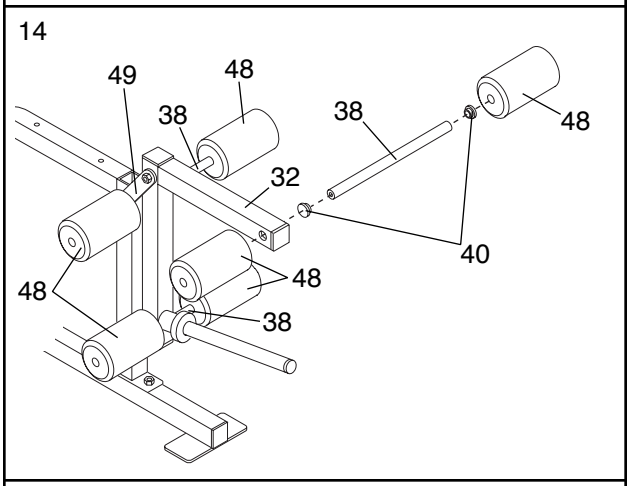
    Slide a Weight Stop (35) onto the Leg Lever (32).



14. Tap 3/4” Round Inner Caps (40) into each end of the three Pad Tubes (38).

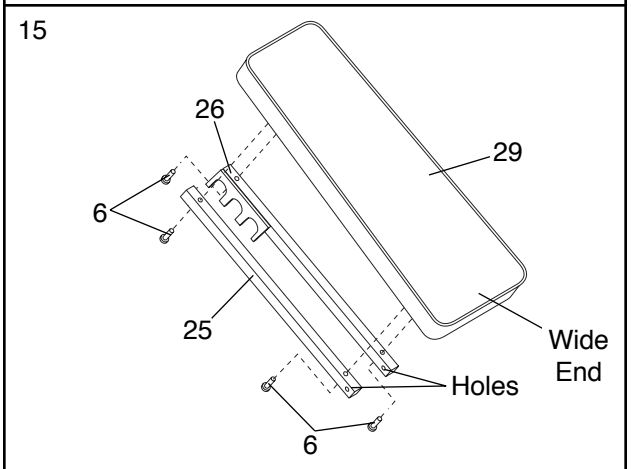
    Insert a Pad Tube (38) through the indicated hole in the Leg Lever (32). Insert another Pad Tube through the other hole in the Leg Lever. Insert the remaining Pad Tube through the holes in the Bench Frame (49).

    Slide two Foam Pads (48) onto each Pad Tube (38).

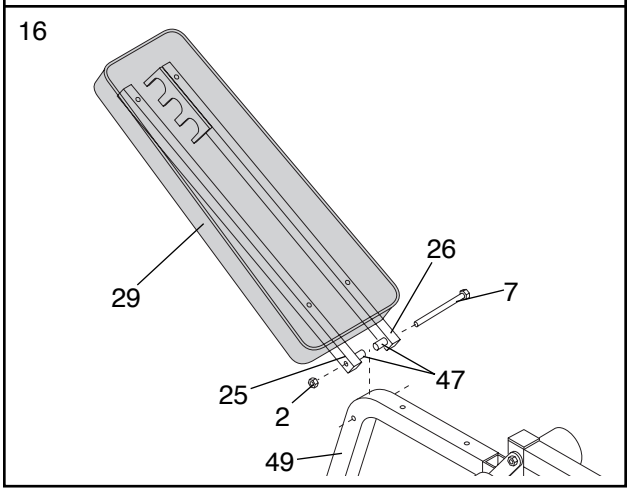


15. Attach the Adjustment Backrest Bracket (26) to the Backrest (29) with two M6 x 36mm Screws (6). **The Adjustment Backrest Bracket and Backrest must be oriented as shown.**

    Attach the Backrest Bracket (25) to the Backrest (29) with two M6 x 36mm Screws (6). **The Backrest Bracket and Backrest must be oriented as shown.**



16. Lubricate the M10 x 175mm Bolt (7). Attach the Adjustment Backrest Bracket (26) and Backrest Bracket (25) to the Bench Frame (49) with the Bolt, two 1/2” x 1 1/8” Spacers (47), and an M10 Nylon Locknut (2).



17. Insert the M6 x 60mm Carriage Bolt (14) into the centre hole in the Seat Bracket (50). Attach the Seat Bracket to the Seat (34) with two M6 x 16mm Bolts (5).

    Insert the M6 x 60mm Carriage Bolt (14) into the indicated hole in the Bench Frame (49). Tighten an M6 Nylon Locknut (15) with an M6 Washer (16) onto the Carriage Bolt.

    Attach the other end of the Seat (34) to the Bench Frame (49) with an M6 Washer (16) and the M6 x 62mm Screw (17).

18. See the inset drawing. Press a 1 1/4" Round Inner Cap (41) into each end of the Adjustment Tube (31).

    Set the Adjustment Tube (31) into one set of adjustment brackets on the Left and Right Uprights (18, 19).

    Rest the Backrest (29) on the Adjustment Tube (31). Be sure that the Adjustment Tube is firmly seated in one of the slots in the Adjustment Backrest Bracket (26).

19. Wet the ends of the Lat Bar (36) with soapy water. Slide a Handgrip (28) onto each end of the Lat Bar.

    Press 1" Round Inner Caps (39) into the ends of the Adjustment Weight Rests (37).

    The use of all remaining parts will be explained in ADJUSTING THE WEIDER PRO 355 beginning on page 12 of this manual.